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HOMEMAKERS' CHAT

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U. S. DEPARTMENT  
OF AGRICULTURE  
OFFICE OF INFORMATION

(Release on Receipt)

SUBJECT: "Velva Fruit - smooth-as-velvet frozen dessert"... Information from  
Bureau of Human Nutrition and Home Economics, U.S. Department of  
Agriculture.

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If you like your frozen desserts smooth as velvet and your fruit flavors as fresh and full as mellow ripe fruit itself...as who doesn't?...you'll like Velva Fruit. Maybe you've already been introduced, since Velva Fruit made its debut last summer. If not, I hope you get acquainted soon, because it's really a delicious dessert, as refreshing as a cool breeze on a summer afternoon.

Velva Fruit was first developed by food research specialists of the U. S. Department of Agriculture as a commercial use for good fruit too ripe to ship to markets. Now, the commercial method has been adapted for home use. And there's a new illustrated recipe folder just off the Government press that tells you how to make Velva Fruit at home, in a hand freezer or a mechanical refrigerator.

You can make Velva Fruit from berries, grapes, cantaloup, peaches--almost any kind of fresh, fragrant, fully ripe and flavorful fruit.

I'll give you an idea of the general method for making Velva Fruit...if you want to get a pencil and take this down. Then, if you want more details on the recipe for different types of fruit you can send for that new recipe folder I mentioned. I'll tell you where to write for your free copy a little later.

But first I'll answer a question I know is coming. Yes, it does take sugar. But it's not an excessive amount for an occasional treat. On the average, one serving of Velva Fruit requires about 1 tablespoon of sugar. It doesn't require any cream--just the fruit pulp, the sugar, and some gelatin--plus a little salt and lemon juice.

Now for how to make Velva Fruit. First, you wash and pit and peel the fruit

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and mash it to a pulp. Then press it through a sieve or fine colander to make a puree--or smooth pulp.

You don't have to make the fruit puree into Velva Fruit immediately...you can freeze and store it this summer to use months later. Here are the ingredients you'll need for making approximately 2 quarts of Velva Fruit: 3 cups of fruit puree,  $\frac{3}{4}$  to one cup sugar--that'll depend on the sweetness of your fruit,  $\frac{1}{8}$  teaspoon salt, 1 tablespoon granulated gelatin, and  $\frac{1}{4}$  cup water. If you are using sweet fruit like peaches, you can add 1 tablespoon of lemon juice for tartness.

Mix the fruit puree, sugar, salt and lemon juice together, keeping this puree mixture cool. Soak the gelatin in the cold water 5 minutes to soften, then dissolve by heating over boiling water 10 minutes.

Then add the cool puree mixture slowly to the hot gelatin, stirring continuously and if you use an ice cream freezer, pour in the fruit mixture. Using 8 parts ice to 1 part salt, freeze it 20 minutes or until the crank turns hard. And remove the dasher. You can serve the Velva Fruit soft-frozen, or let it harden for several hours.

If you don't have a hand freezer, you can make Velva Fruit in the refrigerator, but it won't be quite as light or velvety. Just freeze the mixture in the trays until firm. Turn into a chilled bowl and whip smooth with a wooden spoon or electric mixer. Then return to refrigerator for hardening. It's important to work quickly so the mixture doesn't melt completely.

In case you'd like a free copy of the new folder, write to U.S. Department of Agriculture, Washington 25, D. C. and ask for "Making Velva Fruit at Home."

U.S. D. A.  
11/11/45

